

**“No one talks about depression.
No one has depression in
a Latino community.”**

—Rodolfo Palma-Luli6n, College Student

Real Men. Real Depression.

“I was really trying to get out of depression alone. It was really pushing people away. I couldn’t sit through classes at all. When I involved other people, it became easier. The more I told professors, ‘Look, I’m going through depression ...I’m having a hard time dealing with this,’ the easier it got to deal with.” Depression is a real disease that can be successfully treated. For information, call 1-866-227-6464, visit www.nimh.nih.gov, or contact your health care provider.

**It takes courage to ask
for help. Rodolfo did.**



NIMH
National Institute
of Mental Health

National Institutes of Health